

Holiday Food Preparation and Cooking Tips

www.safetycenter.navy.mil/seasonal/



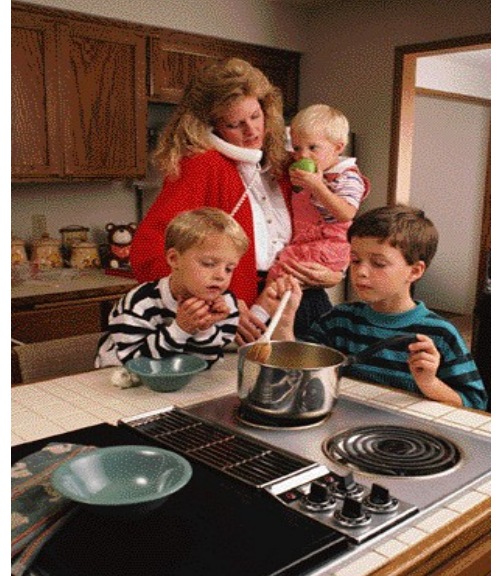
Food Preparation and Storage

- Keep all cookware, utensils, preparation areas, and your hands clean.
- If food needs to be chilled during serving, place the dish on a bed of ice.
- Refrigerate foods that require cold storage.
- Keep foods that need to stay warm on a hot plate or in an oven at a temperature no lower than 110° F.
- Use a thermometer when cooking meats to be sure inner sections reach the right temperature.
- Although meat may lose moisture when thawed and refrozen, it's safe to refreeze properly defrosted foods.
- Leftovers shouldn't be left out more than two hours, and they should be sliced small enough for refrigerator air to penetrate and cool the meat.
- Reheating may destroy bacteria, but some types produce toxins that are not eliminated by heat, when in doubt throw it out.
- Bacteria grow rapidly on food between 40 and 140 . Put leftovers into the refrigerator as soon as possible and make sure your refrigerator is registering the correct temperature of 40.



Kitchen Safety and Organization

- Little ones want to help, keep pan handles turned toward the back of the stove. Find something they can do in the kitchen, where they won't interfere or get injured.
- NEVER leave food cooking UNATTENDED.
- Minimize clutter around the stove. Keep potholders, rags, drapes, etc at a safe distance. Wear short or close fitting sleeves, loose clothing can dangle onto burners.
- Never use a wet oven mitt, as it presents a scald danger if the moisture in the mitt is heated.
- Turn pot handles inward.
- NEVER spray a substance into a pan fire. You may spread the fire through the kitchen.
- Toxic fumes can develop when cleaning your oven, especially a self cleaning oven when improperly vented. Open windows, ventilate. Don't set the oven to self clean and leave, the appliance could short out and cause a fire.





Preparing The Turkey

- When shopping, avoid purchasing a bird that is stacked above the top of the refrigerator case as it will not have been stored at the appropriate temperature and may contain harmful levels of bacteria.
- To thaw a turkey safely refrigerate allowing 1 day for every 5 pounds or submerge in cold water while still wrapped in airtight packaging.
- Keep raw meat and poultry, as well as their drippings, from coming into contact with other foods.
- Don't forget to take out the giblet package before cooking!
- Cook the turkey before stuffing it. The turkey is done when a meat thermometer reads 180°F on the inside of the thigh.
- Another way to tell if a turkey is done is to prick it with a long-tined forked in the thickest portion of the thigh. If the juices run clear (not pink) then the turkey is ready to serve.



Cooking With A Turkey Fryer

- Turkey fryers should always be used outdoors a safe distance from buildings and other materials that can burn.
- Never use turkey fryers on wooden decks or in garages. Don't use them under eaves or overhangs.
- Use turkey fryers on a flat surface to keep them from tipping.
- Never leave the fryer unattended. Most units do not have thermostat controls. If you are not careful, the oil will continue to heat until it catches fire.
- Never let children or pets near the fryer.
- Do not overfill the fryer. Doing so may cause the oil to catch fire from the burner. The fryer must be large enough to hold the oil and the turkey with plenty of room between the top of the oil and the top of the fryer. Test your out using water before heating the oil, if you have any doubts about the size of the fryer. And don't try to fry a turkey that is too large.
- Wipe the turkey down with paper towels inside and out before immersing it. If it is wet, the hot oil turns the water into steam, which accelerates to the surface and creates a hazardous geyser..
- Lids and handles can become extremely hot. Use well-insulated pot holders or oven mitts when handling any part of the aluminum pot.
- Wear safety goggles to protect your eyes in case of oil spatter.
- Keep an ABC multi-purpose dry chemical fire extinguisher nearby. Never use water to extinguish a grease fire.
- Follow the manufacturer's directions





Protection From Foodborne Illnesses

What foods are most associated with foodborne illness?

- Raw foods of animal origin are the most likely to be contaminated; that is, raw meat and poultry, raw eggs, unpasteurized milk, and raw shellfish.
- Foods that mingle the products of many individual animals, such as bulk raw milk, pooled raw eggs, or ground beef, are particularly hazardous because a pathogen present in any one of the animals may contaminate the whole batch.
 - A single hamburger may contain meat from hundreds of animals.
 - A single restaurant omelet may contain eggs from hundreds of chickens.
 - A glass of raw milk may contain milk from hundreds of cows.
 - A broiler chicken carcass can be exposed to the drippings and juices of many thousands of other birds that went through the same cold water tank after slaughter.
- Fruits and vegetables consumed raw.
- Unpasteurized fruit juice can also be contaminated if there are pathogens in or on the fruit that is used to make it.

*Downloaded from the Center for Disease Control website, 15 Nov. 2006
http://www.cdc.gov/ncidod/dbmd/diseaseinfo/foodborneinfections_g.htm#consumersprotect*



Protection From Foodborne Illnesses

A few simple precautions can reduce the risk of foodborne dis

- **COOK** meat, poultry and eggs thoroughly. Using a thermometer to measure the internal temperature of meat is a good way to be sure that it is cooked sufficiently to kill bacteria. For example, ground beef should be cooked to an internal temperature of 160o F. Eggs should be cooked until the yolk is firm.
- **SEPARATE:** Don't cross-contaminate one food with another. Avoid cross-contaminating foods by washing hands, utensils, and cutting boards after they have been in contact with raw meat or poultry and before they touch another food. Put cooked meat on a clean platter, rather back on one that held the raw meat.
- **CHILL:** Refrigerate leftovers promptly. Bacteria can grow quickly at room temperature, so refrigerate leftover foods if they are not going to be eaten within 4 hours. Large volumes of food will cool more quickly if they are divided into several shallow containers for refrigeration.
- **CLEAN:** Wash produce. Rinse fresh fruits and vegetables in running tap water to remove visible dirt and grime. Remove and discard the outermost leaves of a head of lettuce or cabbage. Because bacteria can grow well on the cut surface of fruit or vegetable, be careful not to contaminate these foods while slicing them up on the cutting board, and avoid leaving cut produce at room temperature for many hours. Don't be a source of foodborne illness yourself. Wash your hands with soap and water before preparing food. Avoid preparing food for others if you yourself have a diarrhea illness. Changing a baby's diaper while preparing food is a bad idea that can easily spread illness.
- **REPORT:** Report suspected foodborne illnesses to your local health department. The local public health department is an important part of the food safety system. Often calls from concerned citizens are how outbreaks are first detected. If a public health official contacts you to find our more about an illness you had, your cooperation is important. In public health investigations, it can be as important to talk to healthy people as to ill people. Your cooperation may be needed even if you are not ill.

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Food Consumption

At holiday time it is easy to over-indulge! Here are some tips to help you keep those extra holiday pounds off.

- Limit your calorie, fat and sugar intake over the course of the holiday season.
- Limit your alcohol and caffeine consumption.
- Bring food dishes and beverages to parties that give you and your children healthy alternatives.
- Keep up some form of exercise during the holidays.
- Limit the number of activities you attend.
- Conserve on your energy resources.

